VEGAN VIRTUOSITY
EAT! BISTRO PUTS ZING IN HEALTHY FARE {page 11}

NFL IS BACK!
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‘I am hopeful and optimistic’

Ailing Jack Layton takes leave after leading NDP to biggest caucus in party history His wife, Olivia Chow, also survived cancer

Only three months after riding Jack Layton’s personal popularity to a historic electoral breakthrough, New Democrats are confronting the tragic possibility that they’ll have to soldier on without their charismatic leader.

A frail, raspy-voiced Layton, who has been battling prostate cancer and a recent hip fracture, announced yesterday that he’s been diagnosed with a new form of cancer.

Layton, 61, said he’s taking a temporary leave of absence in order to “focus on treatment and recovery.” The party will appoint an interim leader — Layton is recommending the slot be filled by newly elected Hull-Aylmer MP Nycole Turmel — on Thursday.

Layton would not reveal what kind of cancer he has or what treatment he is undergoing. But he struck a resolutely optimistic tone, saying he expects to be back in the House of Commons on Sept. 19.

“I’m going to fight this cancer now so I can be back to fight for families when Parliament resumes,” he told a surprise news conference in Toronto.

“If I have tried to bring anything to federal politics, it is the idea that hope and optimism should be at their heart,” he added.

“I am as hopeful and optimistic about all of this as I was the day I began my political work many years ago. I am hopeful and optimistic about the personal battle that lies before me in the weeks to come. And I am very hopeful and optimistic that our party will continue to move forward.”

Party president Brian Topp, one of Layton’s longtime advisers who joined the leader and his wife, Olivia Chow, at the news conference, said party members are “very concerned” about him, but he added: “If you look at what he’s accomplished already, I wouldn’t bet against Jack Layton. Jack Layton has a habit of taking on tough battles and winning them.”

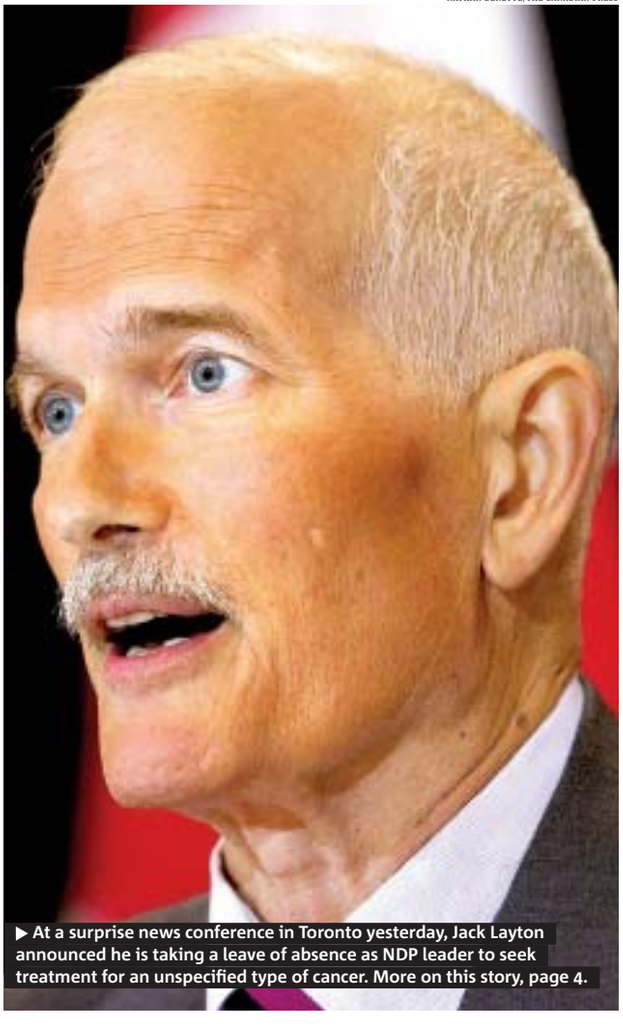
THE CANADIAN PRESS

Paying tribute

Local politicians react:

- **Judy Wasylycia-Leis,** longtime NDP MP: “It’s just such hard news to take at such a critical time, when we’re seeing a caucus so large and so active and it was because of his leadership the party is where we are now. He’s desperately needed right now.”
- **Premier Greg Selinger,** provincial NDP leader: “Jack’s a fighter, he’s an optimist and has a real love of life. All of these qualities will serve him well as he fights the resurgence of cancer.”

NATHAN DENETTE/THE CANADIAN PRESS



At a surprise news conference in Toronto yesterday, Jack Layton announced he is taking a leave of absence as NDP leader to seek treatment for an unspecified type of cancer. More on this story, page 4.

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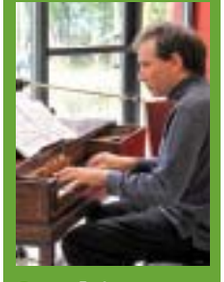

Canada's oldest piano strikes a chord after $10,000 restoration. Video at metronews.ca

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Fringe pops its top numbers

Big Top Fringe almost got too big for its tent.

The 24th annual Winnipeg Fringe Festival broke several attendance records, including the most tickets sold in a single day (more than 9,500), and the largest indoor attendance ever (87,845 up from 86,717 from last year).

"This year's festival was a bit like walking a tight rope," said Chuck McEwen, festival producer. "We started off strong, beating our record for opening-day attendance, and followed that with a record-breaking weekend. We saw our attendance dip at the beginning of last week due to the extreme heat, but thanks to our loyal patrons, we regained our balance." METRO

Other numbers

- **798** volunteers.
- **$630,029** in box office revenue.
- **121** performance sellouts.
- **1,201** performances.
- **24** indoor venues.
- **25** years, to be celebrated next year.

CRYSTAL LADERAS/FOR METRO

▶ Ringmaster Bradiccio at the final day of the Fringe Festival Sunday.

CONTRIBUTED

▶ Songwriter Darcy Toews customizes music just for you.

Singer's tailor-made lyrics go for a song

It's not just changing the lyrics to a song, or adding a name to a tune already written One-of-a-kind gift won't cost you big bucks either

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

"It's for people who want to give a more original gift. I started by writing my wife a whole album for our anniversary. It was kind of like my get-out-of-jail-free card."
MUSICIAN DARCY TOEWS

While some actors are serving tables before their big break and musicians make money playing summer weddings, Darcy Toews is using his years of songwriting, singing and recording experience to create customized songs.

Think singing telegram, but without the generic "insert name here" lyrics.

Instead, customers provide information about the person. What makes them tick? What is their personality like? What are their stories? All of these things are used to create an original song.

Toews generally gets requests for gifts, songs for weddings, birthdays and memorials. But the musician, also experienced in standup comedy, said the weirdest request was a going-away present he titled Ridiculous Douchebag.

"(My wife) got me to do a very mean-spirited song to kind of kick her co-worker out the door rather than carry her on her way. To this day they're still friends. Fortunately, they have a great sense of humour."

Toews uses a full recording studio where he gets his songs ready for a CD, including cover art and lyrics. He teaches songwriting workshops at Unplugged Music Club, but said it's all just a means to an end.

"I've got original music, and that's where my main interest lies. But original music doesn't pay all that well unless you're Nickelback.... It's my pay for the play."

How to get yours

- Find Darcy Toews' music business at darcytoews.com.

Your votes for best ice cream shop

Eva's Gelato
Corydon & Harrow
"The creamiest, most natural-tasting and classiest ice cream shop in town.... High-end stuff. I give a gift card as a wedding present to every couple I know."
— *Murray Ankrom*

Sweet Tops
949 Henderson
"So many selections of hard and soft ice cream, (and) they make cakes for birthdays (and other) occasions.... The location is perfect and the staff and atmosphere are great!" — *Dyna Steigerwald*

Bridge Drive-In (BDI)
766 Jubilee
"One of those summer traditions that you have to indulge in.... The ice cream is yummy and we enjoy walking on the bridge or just sitting by the riverside."
— *Myra G.*

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Visit ChickAdvisor.com/Metro
Have your say from July 25 to July 28.

Fire sends two to hospital

A resident was hospitalized in unstable condition and a firefighter was also sent to hospital when a fire broke out at a home in the 700 block of Aberdeen Avenue.

Police were called just after 1 a.m yesterday morning and firefighters evacuated nearby residences as the flames spread and engulfed a neighbouring home.

"I was sleeping and my mom yelled fire," said Amanda Galbon, 31. "I had to get my children and my mom and brother out of the house. I ran outside and the flames were shooting."

Winnipeg police are investigating the fire but could not confirm damages or its cause. CRYSTAL LADERAS

CRYSTAL LADERAS/METRO

▶ A fire on Aberdeen Avenue Monday morning sent a firefighter and a resident to hospital.

Food group courting celebrity U.K. chef

Food Matters Manitoba uses YouTube video, Twitter, letters, to beg Jamie Oliver to visit province

CRYSTAL LADERAS
WINNIPEG@METRONEWS.CA

A charity dedicated to healthy, sustainable food projects wants to bring a food revolution to northern communities. It's campaigning to bring celebrity chef Jamie Oliver to its 2012 Growing Local Conference.

Oliver brought his Food Revolution TV show to the U.S., advocating healthy eating and cooking up new menus in elementary school cafeterias. Food Matters wants Oliver to address the same concerns for Manitoba's northern communities, where food access is also an issue.

"We're hoping Oliver can raise awareness about how hard it is to get access to healthier foods," said Erika Frey, Northern Liason Assistant for Food Matters Manitoba.

Frey said there are high rates of diabetes in northern communities and healthy options are expensive and limited. A 2.2-kilogram bag of potatoes costs $20. A four litre milk jug can cost $12 at a grocery store near York Factory First Nation.

Last year's conference sold out with featured speaker Joel Salatin from the documentary Food Inc.

Watch the video online at metronews.ca/winnipeg

GETTY IMAGES

▶ Food Matters Manitoba hopes to score celebrity chef Jamie Oliver as keynote speaker for an upcoming event.

20-month delay derails DUI case

Prosecutors voice 'significant concern' about judicial delays

JAMES TURNER
@METRONEWS.CA

A Manitoba man has been cleared of drunk driving charges after it inexplicably took a provincial court judge more than 20 months to provide a legal decision relating to his trial.

Impaired driving charges against the 31-year-old man have been permanently stayed on the orders of Court of Queen's Bench Justice Albert Clearwater.

The man was charged after a traffic stop near a recreation centre in Oak Bluff in late 2006.

Clearwater said the arresting RCMP officer smelled liquor on the man's breath and he failed a roadside breath test. The man's vehicle was temporarily impounded and his driver's licence temporarily suspended.

The man fought the charges at trial, which was delayed in October 2008 to await Judge Kelly Moar's decision on a legal argument.

According to Clearwater, the case was then remanded 23 times from that point until Moar handed down his decision in July 2010 — a delay of roughly 20.5 months.

There was no explanation for the delay, despite the Crown asking the judge in writing when a decision could be expected.

As well, the former director of the prosecutions service wrote to the chief judge of the provincial court expressing "significant concern" about delays in a number of pending cases involving a number of judges. In the end, Clearwater suggested he had no choice but to stay the charges.

"I am unable to determine ... whether the delay in question is as a result of a lack of institutional resources generally, an unusual or inordinate workload of either the court or the trial judge in question, or a combination of these factors," Clearwater said.

A long wait

- **October 26, 2006:** Accused makes first court appearance.
- **July 3, 2008:** Trial begins in provincial court, case adjourned.
- **Oct. 21, 2008:** Arguments made on a point of law; Judge Kelly Moar reserves decision.
- **July 8, 2010:** Moar issues his decision.

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Norway hearing closed to public

Suspect threatens more violence Judge orders him held in isolation Thousands lay flowers in Oslo

JON-ARE BERG-JACOBSEN/THE ASSOCIATED PRESS

▶ Anders Behring Breivik

The self-described perpetrator of Norway's deadly bombing and shooting rampage was ordered held in isolation at a hearing yesterday after calmly telling the court that two other groups of allies stand ready to join his murderous campaign.

Anders Behring Breivik has admitted bombing Norway's capital and opening fire on a political youth group retreat on an island near the capital. He told authorities he expects to spend the rest of his life in prison. Saying he wanted to save Europe from Muslim immigration, he entered a plea of not guilty that will guarantee him future court hearings and opportunities to address the public, even indirectly.

Police believe Breivik acted alone, despite his grand claims in a 1,500-page manifesto that he belonged to a modern group of crusaders. But they have not completely ruled out that he had accomplices.

Judge Kim Heger ordered Breivik held for eight weeks, including four in isolation.

Norway has been stunned by the attacks and riveted by Breivik's strange writings. Hundreds of reporters and locals thronged the courthouse ahead of his first court appearance yesterday, hoping to get their first glimpse of the man blamed for the deaths of 76 people — lowered yesterday from 93.

THE ASSOCIATED PRESS

JEFF J. MITCHELL/GETTY IMAGES

▶ A woman mourns as an estimated 100,000 people gather in Oslo town centre yesterday for a vigil following Friday's twin extremist attacks. Mourners laid thousands of flowers around the city.

Attacks a concern for London 2012 Olympics

IOC president Jacques Rogge is confident police intelligence work will help avert any attack on the London Olympics similar to the bombing and shooting massacre in Norway.

Rogge said British security officials will have taken into account the type of attacks that shook Norway on Friday.

British Olympics Minister Hugh Robertson said the U.K. had already prepared for attacks by "lone wolves" but would re-examine its security plans in the wake of the twin attacks.

"Clearly, where there are lessons to be learned from Norway (and) we will learn them," he said.

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This Danby Designer 8 place setting dishwasher is a convenient and efficient addition to any home. At 18" wide this model takes up minimum space and the built-in castors allow it to be easily moved. Energy star rated and boasting a low-water consumption feature, this model is eco-friendly. Suitable for not only condos and apartment this model even offers a built in soft water system for remote cottage locations.

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Canadians rally around Layton

Canadians set aside politics yesterday and stood in solidarity with NDP Leader Jack Layton, who announced he's leaving the job temporarily to fight an unexpected new cancer.

Layton had previously gone public with his struggle against prostate cancer, but his wan face, thin body and raspy voice at a Toronto news conference announcing his latest diagnosis triggered an emotional torrent of support as the depth of this illness became obvious to all.

Prime Minister Stephen Harper, who sparred tartly with Layton in the recent election campaign, said he was "deeply saddened today to hear that Jack Layton is temporarily leaving his post as leader of Her Majesty's Official Opposition and leader of the New Democratic Party."

Ordinary Canadians offered thousands of supportive comments on Twitter, and on Layton's Facebook page. THE CANADIAN PRESS

NATHAN DENETTE/THE CANADIAN PRESS

▶ NDP leader Jack layton and his wife, Olivia Chow, at a news conference in Toronto yesterday.

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Ombudsman questions federal contracts

Report says department showed favouritism in awarding contracts Limited fair competition

A federal agency that's supposed to safeguard transparency and openness in government hiring practices cooked four of its own employment contracts to make sure favoured workers got hired.

That's the conclusion of the watchdog over the federal contracting process, who determined the Public Service Commission of Canada also failed to properly document its flawed decision-making.

The case involved four people who were hired without a competition to serve as external members of the commission's independent audit advisory committee.

The four sole-source contract jobs, potentially worth about $80,000 each over four years, were posted on a contracting website in September 2009. Other potential suppliers had just 15 days to object.

In a scathing report Monday, procurement ombudsman Frank Brunetta found that the four favoured workers were allowed to review the draft work requirements to ensure they were a perfect match to the job description. The commission "favoured existing contractors by tailoring requirements, all of which limited fair and open competition for other potential suppliers," Brunetta ruled.

There was "no evidence of 'unique expertise' ... and no evidence that any one ... was the only person capable of performing the contract."

Indeed, Brunetta's investigation showed that the commission had actually identified six potential hires and "knew there was more than one supplier who could do the job."

THE CANADIAN PRESS

Problem?

- **Ombudsman** Frank Brunetta's predecessor in the job, Shahid Minto, reported in 2009 that the government's system of posting sole-source contracts is a "problem child," open to abuse.
- **The system** requires that a proposed sole-source contract be posted publicly for a short period, but the posting period is often too short to invite real competition

Pilippines. Effigy

▶ Protesters burn an effigy of Philippine President Benigno Aquino III, which is shaped into a rotten egg ahead of the president's annual state of the nation address.

BULLIT MARQUEZ/ASSOCIATED PRESS

Protesters demand change

Thousands of mostly left-wing protesters marched in the capital to demand higher wages, farmland and the prosecution of the President's predecessor for alleged graft. Protesters say Aquino has not moved fast enough to ease the plight of the poor, workers and farmers.

46 **Yesterday, a mass wedding in Niagara Falls saw 46 same-sex couples exchange vows.**

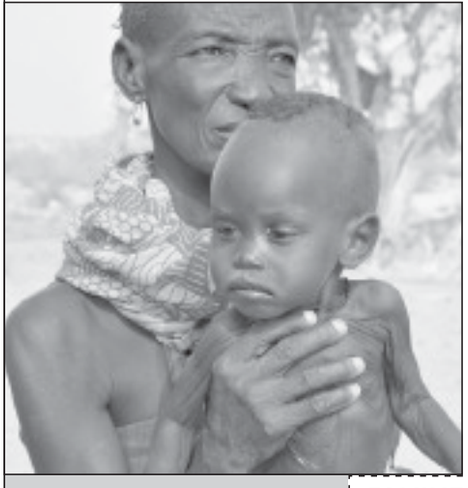
Gay marriage lawsuit

Opponents of New York's gay marriage law filed the first lawsuit yesterday challenging the measure, a day after the state's first gay weddings. The lawsuit claims that the Senate did not follow proper procedures in passing the bill.

THE ASSOCIATED PRESS

World Vision

URGENT: Famine in Africa



Millions face starvation. Canadian government will match your donation to help children and families.

Deadly hunger is sweeping through Somalia, where the United Nations has declared a famine. Children are dying as it spreads into Kenya and Ethiopia.

Thousands of desperate people are coming to World Vision. Many, critically malnourished themselves, beg for food for their emaciated children. For many, death is only days or hours away.

We are providing life-saving emergency food and water, preventing the spread of disease, and will help families rebuild their lives. But the need is desperate, and more support is needed immediately.

Please act now. Your gift doubles in value.

The Canadian government will make an equivalent contribution from its East Africa Drought Fund. Your gift of $50 will provide $100 of life-saving food for desperate children and families. $100 provides $200 of food. Please respond now.

Mail the form below or give immediately at WorldVision.ca/help

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ROTTEN APPLES

Fake Apple shops busted in China

Chinese officials found five fake Apple stores and ordered two of them to suspend business while they're investigated, a local government website said yesterday.

Officials couldn't do anything about the other three stores — which displayed Apple signs and logos — because they did not find any fake Apple products for sale, a local newspaper reported

The investigation follows a blog post last week by an American woman who lives in Kunming in Yunnan province, who stumbled across three shops masquerading as Apple stores in the city. She took photos and posted them on her BirdAbroad blog.

She said they were modelled on the company's iconic stores right down to the winding staircase and the staff uniform of blue T-shirts.

After the blog appeared, the Kunming Trade and Industry Bureau inspected more than 300 electronics stores. THE ASSOCIATED PRESS

RIM to downsize workforce

Canadian tech firm to release new generation of BlackBerrys in '12

DAVE CHIDLEY/THE CANADIAN PRESS

▶ An employee holds a Blackberry Playbook tablet at the Research in Motion annual meeting.

Research In Motion will cut 2,000 jobs, or about 11 per cent of its global workforce, this year to reduce costs in the competitive smartphone and tablet markets, in which consumers are increasingly turning to Apple and Android products.

The BlackBerry maker provided the details yesterday, about a month after announcing it would reduce its workforce after it had lower BlackBerry smartphone sales in the recent financial quarter.

The cuts are the largest in the Canadian technology icon's history.

"The workforce reduction is believed to be a prudent and necessary step for the long-term success of the company," RIM said in a statement.

"It follows an extended period of rapid growth within the company where-by the workforce had nearly quadrupled in the last five years alone."

In afternoon trading on the Toronto Stock Exchange, RIM's shares were down $1.28, or 4.8 per cent, at $25.19.

RIM, based in Waterloo, Ont., has about 19,000 employees. Those in North America will begin to receive notices this week. Workers in other countries will be told at a later date.

RIM is facing a host of competition in the smartphone market from Apple's iPhone and smartphones using Google's Android operating system.

Its PlayBook tablet, which met expectations of selling 500,000 in the recent quarter, has received lukewarm reviews compared with Apple's iPad.

"If they want to be a top-three or top-five smartphone player, then they have to much more aggressively spend money in the consumer market," said analyst Alkesh Shah of Evercore Partners.

"They have to create a differentiated consumer message," Shah said from New York.

There aren't enough reasons for consumers to buy a BlackBerry smartphone or tablet over Apple or Android products, he said, suggesting RIM could promote its security feature, valued by business users, to a consumer audience.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold contracts
			$4.41 (+1.5¢)	$1,612.20 (+ $10.70)
- 22.98 (2,036.63)	+ 0.37¢ (105.73¢ US)	- 0.67¢ US ($99.20 US)		

Loonie rises after U.S. debt talks collapse

The Canadian dollar closed higher against the U.S. currency yesterday as markets looked for answers to the debt impasse in the US.

The loonie was up 0.37 to 105.73 cents US after talks between U.S. President Barack Obama and House Speaker John Boehner broke down on Friday. No progress has been made since.

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TABLE FOR TWO, PLEASE ... NON-CHILDREN

SHE SAYS ...

JESSICA NAPIER
METRO

Earlier this month, I read a news story about a Pennsylvania restaurant owner who has decided to ban children under the age of six at his establishment. While outraged parents condemned the restaurant for discriminating against their brood, some clientele welcomed the new policy, breathing a heavy sigh of relief knowing that their next $30 entrée wouldn't be served up with a side of screaming toddler.

Misbehaved children, and their seemingly oblivious guardians, can reduce a pleasant dining experience to an evening of exasperated eye-rolling. There have been plenty of times that I've given up on dessert or another glass of wine in order to get away from the piercing sound of a four-year-old in the middle of a temper tantrum.

So should the parents of these bratty customers be more considerate of their fellow patrons and leave the kids at home when dining out?

Some would argue that parents should be entitled to enjoy a meal with their offspring without being subjected to dirty looks from the next table. However, in my opinion, letting your precious angels run laps around the dining room or shriek hysterically while being force-fed broccoli is inexcusable. If you are unwilling or unable to control your children, you might want to skip the high-end restaurants and opt for a Happy Meal instead.

"Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer."

Irresponsible parents and their squealing spawn should be banished to family-friendly restaurants that provide crayons with their kids' menu. Sure, the food at these playground snack bars isn't exactly top-notch, but you have to sacrifice a little if you want arcade games as an appetizer.

But while misbehaved tots can be a serious annoyance, I've seen plenty of adults over the years who are just as bad, if not worse, when it comes to mealtime manners.

Grown-ups should know better but often they don't. They snap their fingers at the serving staff, request so many modifications they might as well eat at home and linger at the table while a lineup stretches out the door. Of course, the worst restaurant-goers are those who insist on conducting obnoxious cellphone conversations mid-meal with no regard for their dinner date or the increasingly annoyed patrons around them. The loudmouth suit screaming into his BlackBerry is just as disruptive as the little ones shrieking over their vegetables. Small children may not be ideal dinner companions, but there are also plenty of adults out there who could use a crash course in dining etiquette.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

After the phone-hacking scandal, is Rupert Murdoch's era of influence over?

54%
NO. HE'S STILL BEAMED INTO THE MINDS OF MILLIONS

45%
YES. HIS FATE WAS SEALED WITH A PIE ATTACK

Local tweets

- **@CFLDaily:** Every team is down on average from 2010, except Saskatchewan, who stays the same, and Winnipeg who is up 1,683. #CFL
- **@Manalogue:** Went to Assiniboine Park this evening. Who knew smooth jazz was so big in #Winnipeg
- **@KellyJamieson:** Just passed a car and they were looking at a PAPER map! We laughed and laughed. #timeshavechanged
- **@TheLadySmoke:** As if that guy just started talking to me during my lunch..Like really? I'm trying to eat. I basically have his whole life story.
- **@gursumeetB:** I google donair in winnipeg & 1 place comes up this city doesnt no what its missing
- **@shaylenekylaa:** OMG, WINNIPEG JETS VS PITTSBURGH PENGUINS IN OCTOBER... IN MY CITY!!!!! tickets are over a thousand dollars... :/
- **@wpgwhiteout:** Rumour flying around (so take with BIG grain of salt) that Teemu Selanne has talked to both Ana (70%) & Wpg (30%) about return. #GoJetsGo

Worth Mentioning

HAPPY MEALS. Emotions can be modified by the intake of food even when people don't taste the food or realize they are receiving nutrients, new research indicates. Participants in a study were blinded as to the nature of a intragastric infusion, and had 40-minute fMRI neurologic scans as they provided responses about their mood, fullness, hunger or nausea.

Sad or neutral emotions were induced with music played through headphones and with images of facial expressions depicting either sad or neutral emotions back-projected onto a screen.

Hunger scores rose during sad emotion and decreased during neutral emotion conditions. The effect of a sad mood was weakened by fatty acid.

"The novelty lies in the fact that it's purely subliminal or what we call unconscious brain signalling happening here," said lead author Dr. Lukas Van Oudenhove.

"Something I like about this study is that it starts from the body, from the stomach, and it goes to the brain," said Dr. Giovanni Cizza.

THE CANADIAN PRESS

Cartoon by Michael de Adder

WEIRD NEWS

This is how you end up waking up in Vegas

One day in the spring of 1979, Arthur Gerald Jones, a well-connected Chicago financier and father of three, left his posh home to run an errand and vanished, never to return.

Despite the FBI's best efforts to figure out what happened to the powerful commodity trader, no trace was ever found of Jones. In 1986, an Illinois court declared him dead, and social security paid $47,000 in survivor benefits to his wife and children.

But late last week, the shroud of mystery enveloping the 32-year-old case was suddenly pulled back when Jones, now 72, was discovered living in Las Vegas, where he has been working as a bookie at a casino.

According to a court affidavit, Jones told a special investigator with the Social Security Administration that he had a seat on the Chicago Board of Trade as a commodities trader, but was forced to sell his seat to pay off a debt incurred when he made a trading error. He lost his job in the process and, fearing what investigators have speculated may have been relations with the Chicago mafia, Jones decided to leave his wife of 17 years and family.

TORSTAR NEWS SERVICE

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2 scene

A career in high gear

After finding success on TV's The Wire, Idris Elba launches his career with a slew of new movies that have a comic book theme Metro caught up with the rising star at Comic-Con

NED EHRBAR
MWN IN HOLLYWOOD

GETTY IMAGES

▶ Actors Idris Elba and Nicolas Cage speak at a Ghost Rider: Spirit of Vengeance panel during Comic-Con 2011 in San Diego last week.

Between last year's the Losers, this year's Thor and next year's Ghost Rider: Spirit of Vengeance, British actor Idris Elba seems to have a thing for comic book adaptations.

But there's still one superhero that's eluded him: Avengers member Luke Cage. Not that he's complaining, mind you.

Between two Emmy nominations, Ridley Scott's upcoming Alien prequel, Prometheus, and Guillermo del Toro's Pacific Rim, which starts shooting in October, the former Wire star has plenty to keep him busy.

Metro caught up with Elba in the middle of the Comic-Con madness for a status update.

What are you most excited to see or do while at Comic-Con?
Dude, I don't get to do anything. I do like seeing the audience react to what we've got to show them for Ghost Rider, because I just saw it and it's phenomenal.

You've been doing very well with comic book movies lately.
Well, two films, two characters, really. And the Losers as well.

I thought that film was good. It had a lot of opportunity to be better — not better but more well received. It didn't quite do it, but I liked the film. I thought it was well directed. Sylvain White did that, and he's great.

Speaking of comic book characters, you've mentioned wanting to play Luke Cage in a film.
I'd like having a shot at that. But listen, we need to know there's an appetite for that. I need the audiences that like Luke Cage to come up and say they want to see a Luke Cage film with me in it.

I'm part of the Marvel family, and I think now they might be aware that there's this little appetite to do it, but at the same time, I'm also part of the Thor story, so we'll see.

What can you tell us about Prometheus?
I have to say, it's an enormous film — enormously rich in its depth, its complexity. The filmmaking is second to none.

It's none other than the great Ridley Scott, and there are some really good actors in it. I can say this: The wait for Ridley to return to a film like that is definitely going to be rewarded with something exciting

You've had a few roles now for which people recognize you. What comes up most?
The Wire, mainly. It was my first American calling card. But now Luther is starting to, and then Heimdall [in Thor], believe it or not. A lot of people are actually like that. It's a tiny part in that film — huge film, tiny part, but it definitely has resonated with some people.

New album

After more than four years, Leslie Feist is finally ready to release a new album. The eight-time Juno winner has announced that her fourth full-length, Metals, will be released on Oct. 4. The 12-song album was recorded with usual collaborators Chilly Gonzales and Mocky.

The 35-year-old's last album, 2007's The Reminder, was a breakthrough hit, reaching platinum certification in Canada and going gold in the U.S.

THE CANADIAN PRESS

Now out of The Office, Steve Carell cranks up movie career with type of film he loves.

DVD Releases

Buy it | Rent it | Borrow it | Yawn | Don't bother

Source Code

Genre: Sci-fi
Director: Duncan Jones
Stars: Jake Gyllenhaal, Michelle Monaghan
★★★½

Source Code's almost risible collision of the bogus science and cranial confusion recalls Groundhog Day, Inception and Avatar. It also shares the isolation and alienation found in Moon, director Duncan Jones' heralded debut.

Continually returning to its opening scene, the film has Jake Gyllenhaal chatting up Michelle Monaghan on a Chicago commuter train, in a situation meant to remind us of Strangers on a Train. It's more schlock than Hitchcock, but here's where good casting and a little patience pay off.

Gyllenhaal is U.S. army Capt. Colter Stevens, a decorated helicopter pilot who awakens to find himself part of a science experiment.

The science is sketchy, to say the least. Jones allows Jeffrey Wright, as the Source Code project head, to ham it up with a wacky professor turn.

Better that Jones should concentrate on the performances, and he gets three fine ones from Gyllenhaal, Monaghan and Farmiga, who invest a good deal of emotion into a farcical situation.

If all else fails, it's a decent thriller at a brisk 93 minutes, including all the repeats. PETER HOWELL

Cause of death unknown after Winehouse autopsy

Family visits memorial outside home Spokesperson says funeral will be held today

An autopsy on singer Amy Winehouse Monday failed to determine what killed the 27-year-old star, leaving fans and family with a weeks-long wait for the results of toxicology tests.

Winehouse's devastated parents visited mourners outside her north London home to thank them for their support.

The singer, who had struggled with drug and alcohol abuse for years, was found dead Saturday at home by a member of her security team, who called an ambulance. It arrived too late to save her.

The Metropolitan Police said Monday that a forensic post mortem "did not establish a formal cause of death and we await the results of further toxicology tests." Those are expected to take two to four weeks.

LEFTERIS PITARAKIS/THE ASSOCIATED PRESS

▶ Janis, the mother of Amy Winehouse, is comforted as she weeps while looking at flowers left by mourners outside Winehouse's home in Camden Square in London yesterday.

An inquest into the singer's death was opened and adjourned at London's St. Pancras Coroner's Court. During the two-minute hearing, an official read out the name, birth date and address of Winehouse, described as "a divorced lady living at Camden Square NW1."

"She was a singer songwriter at the time of her death and was identified by her family here at St. Pancras this morning," said coroner's officer Sharon Duff.

Duff said the scene of Winehouse's death "was investigated by police and determined non-suspicious."

In Britain, inquests are held to establish the facts whenever someone dies violently or in unexplained circumstances. Assistant Deputy Coroner Suzanne Greenaway said Winehouse's inquest would resume on Oct. 26.

The singer's father, mother and brother visited her home yesterday, stopping to inspect the mounds of bouquets, candles and handwritten notes across the road from the Victorian house.

Her father, Mitch Winehouse, thanked mourners for their tributes.

"I can't tell you what this means to us — it really is making this a lot easier for us," he said.

THE ASSOCIATED PRESS

Celebrity Tweets

"You know you're dedicated to hooker-pop when your bruises and cuts are shaped like fishnets" @ladygaga

"Hey rest of the United States, gay marriage is like color tv - eventually everybody was gonna get it" @billmaher

"If Voldemort is such a powerful wizard, why can't he conjure up a new nose?" @ConanOBrien

A rowdy night for Lohan

Lindsay Lohan seems to be slipping back into bad habits, if a night out in Hollywood is any indication. The troubled starlet hit up a friend's birthday, showing up sober and only ordering juice from the waitstaff, but by the end of the night "she could barely stand," an eyewitness tells Radar Online. The source says Lohan was sneaking gulps of other people's drinks while passing them on and taking shots of vodka on the sly. Lohan was later spotted holding onto curtains for support and screaming into her cell phone before she left the club around 2 a.m. "When she got to her Escalade she just collapsed into it," the source says. Lohan, who is still on probation, is legally allowed to drink.

METRO

▶ Lindsay Lohan

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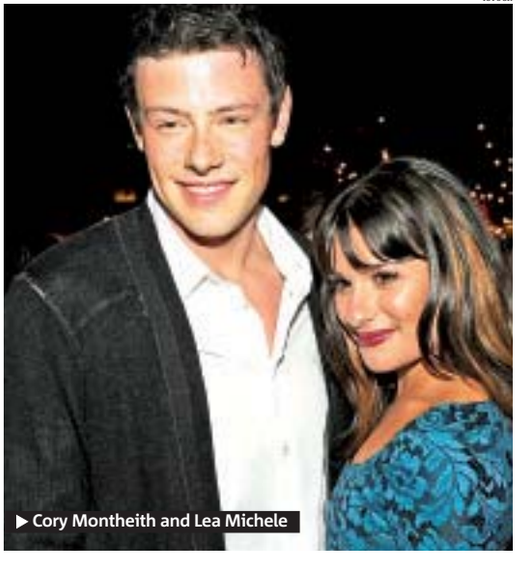
Will the show go on for Glee leads?

While Glee boss Ryan Murphy recently said stars Lea Michele, Cory Montheith and Emmy nominee Chris Colfer would be leaving the show after next season, that may not actually be the case. "Here's the exact thing: [The characters] are seniors, so they're graduating," executive producer Brad Falchuk told the audience at the show's Comic-Con panel, according to TV Line. "But because they're graduating doesn't mean they're leaving the show. If you have Lea Michele under contract, you don't say, 'We're gonna let you go.'"

METRO

ISTOCK



▶ Cory Montheith and Lea Michele

▶ Anna Paquin

True passion on True Blood

True Blood star Anna Paquin admits being married to co-star Stephen Moyer makes filming intimate scenes easier.

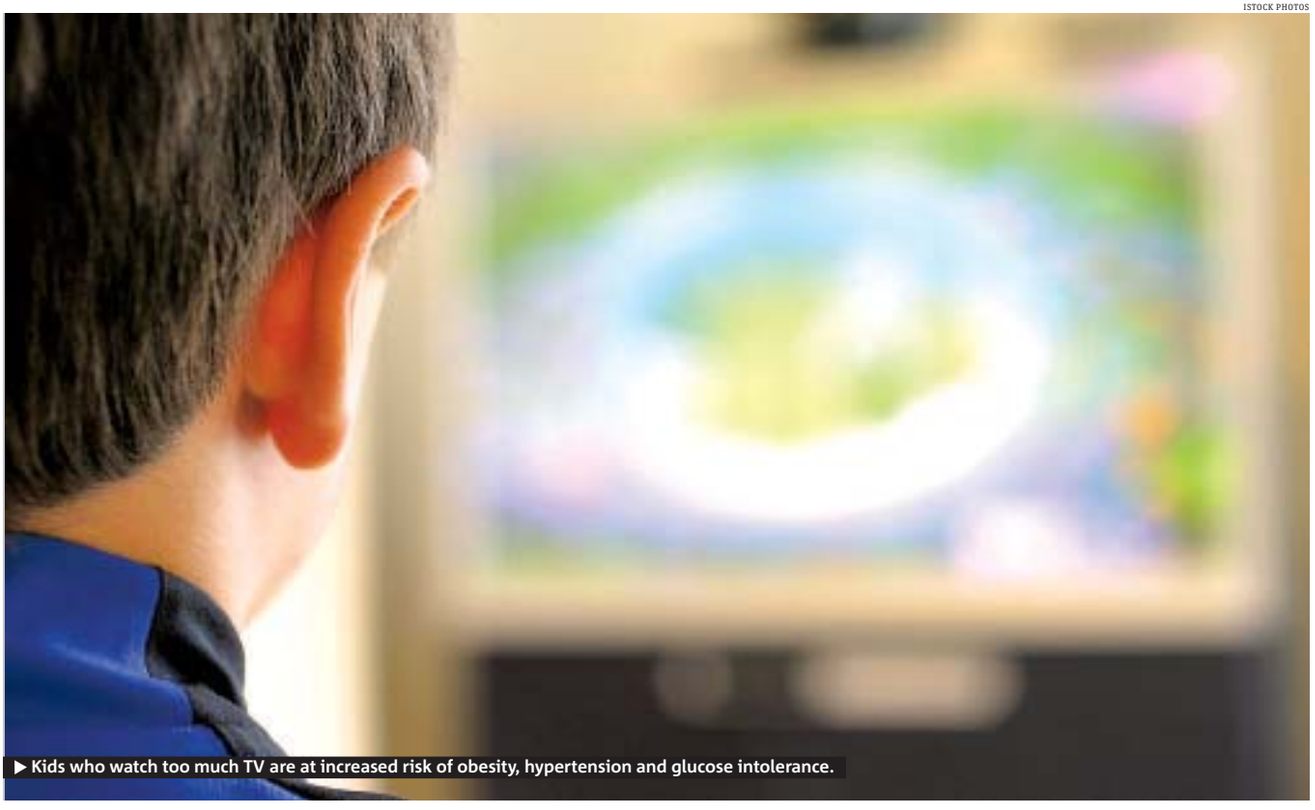
"Maybe it should be weird, simulating sex with your husband in front of people? But it's really not," Paquin tells V Magazine.

"When it's a love scene with someone you actually love, there's no feeling like, 'Can I touch him here? Can I touch him there?' You know what your boundaries are — or what they aren't, I suppose."

METRO

3 life

ISTOCK PHOTOS



▶ Kids who watch too much TV are at increased risk of obesity, hypertension and glucose intolerance.

Turn off and tune in

Children who take in high amounts of television are at heightened risk of chronic disease

CELIA MILNE
LIFE@METRONEWS.CA

Peel those kids away from the TV this summer.

A study conducted at Queen's University in Kingston, Ont., has found that children and adolescents who watched more than four hours per day of TV were 2.5 times more likely to have heightened risks for chronic disease than those who watched less than an hour per day.

The study was looking for cardio-metabolic risk factors, which are signals that the body could be heading in the direction of heart disease and type 2 diabetes.

These included obesity, hypertension, fats in the blood and glucose intolerance.

"These risk factors are becoming more prevalent in children and adolescents," says Valerie Carson, a PhD student in the school of kinesiology and health studies, who was lead author on the paper.

"This particular study found the most significant health risk at greater than four hours per day (of TV). This is concerning because these risk factors can track from childhood to adulthood," she adds.

Carson and her supervisor Ian Janssen, associate professor in the school of kinesiology and health studies at Queen's, took into account age, gender, ethnicity, socioeconomic status, physical activity levels and diet, and still drew the same conclusion.

"Even if children and adolescents are active, if they engaged in high daily TV use, they may still have cardio-metabolic risk factors," says Carson.

For the study, she and Dr. Janssen studied the habits of 2,527 children and adolescents who were enrolled in the National Health and Nutrition Examination Surveys (NHANES).

TV is really quite wicked: other studies have found excessive screen time is linked to increased violence, negative self-image, and higher amounts of smoking, drinking and drug use.

Carson's article was published recently in the journal BMC Public Health.

Getting kids active

CELIA MILNE
LIFE@METRONEWS.CA

It's an old refrain of parents: "Turn off the TV and go outside!"

Did you know that kids should be active for at least 60 minutes a day to stay healthy?

That is the guideline issued recently by Participaction and the Canadian Society for Exercise Physiology for children from ages five to 11.

In addition, kids shouldn't stare at a screen for more than two hours per day. This includes TV as well as computers and video games.

Ideally, each week's activities should include a few things.

The first is getting sweaty and out of breath three times a week..

And another is doing activities that strengthen bone and muscles three times. Children don't have to know they are "exercising," just that they are having fun. Try rollerblading, playing tag, running, swimming, biking, or playing at the park.

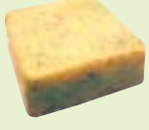
ISTOCK PHOTOS

▶ Getting kids active is easier than you think.

Dimple free thighs

Scrub: Lush Buffy body butter

Use this massage bar in the shower to exfoliate the skin and boost circulation. The slight roughness of ground rice, almonds and aduki beans helps remove dead skin cells as the cocoa and shea butter moisturize.



LUSH

$22.95 (lush.com)

Earache can be side-effect of summer splash season: preventing swimmer's ear

Do as the name says — Eat!

This bistro offers up delicious vegan, vegetarian and celiac-friendly options

LUNCH RUSH

PAY CHEN
FOOD@METRONEWS.CA

PAY CHEN

▶ Eat! Platter

Eat! Bistro doesn't need to tell me twice because the eating is good. Tucked in the back of the popular Aqua Books used bookstore, Eat! Bistro has some of the best tasting food downtown.

Past shelves of pre-loved books is a quaint dining area full of colour, kitsch and charm. The menu clearly states vegan, vegetarian and celiac-friendly items, making Eat! Bistro a favourite for everyone.

Salads, dips and small bites make the items ideal for sharing. The Eat! Platter includes a sampling of a Black Bean Cake under guacamole and salsa, Crab Cake, Chickpea Fritters, Chicken Feta Dip (sold out and substituted with hummus) and Grilled Veggies ($12/for one, $20/for two).

Everything on the platter is fresh, simple and full of flavour.

A light lemon crème brulee ($6) is among the beautiful desserts worth saving room for.

Make this your next stop downtown. After all, everyone needs to Eat!

Eat! Bistro
274 Garry St.
949-1231
eatbistro.ca
Social lunch: Yes
Quick solo lunch: Yes
Client negotiations: No
Price range: $4 - $12
Rating: 4 out of 5

THE CANADIAN PRESS H/O

Quinoa Thai Tuna

Preparation:

1. Rinse quinoa. In large saucepan, bring water to boil; add quinoa. Reduce to simmer and cover. Cook for 2 minutes. Drain if necessary.
2. In a sauté pan, heat tuna. Add juice of a lime to quinoa. Stir in tuna, mango and green onion. Serve immediately. **THE CANADIAN PRESS/ CLOVER LEAF**

Ingredients:

- 175 ml (2/3 cup) red quinoa
- 375 ml (1 1/2 cups) water
- 2 cans flaked light tuna (Spicy Thai Chili flavour)
- 1 lime
- 1 sweet mango, ripe, small to medium size, chopped
- 1 green onion, sliced

POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
in Allan Small's Investment Perspectives Column: *Negative news provides a drag on the market.*

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BE A FAST FOLLOWER

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

It's tempting to buy the latest gadget the moment it hits the market. But, being an early adopter is expensive. I recommend taking the "fast follower" approach, which means waiting to buy until after the initial product hype clears, prices decrease, and the next generation of technology offers greater value for the same price.

There are three products to avoid buying brand new or upon their launch; cars, computers and electronics.

New cars depreciate between 15 and 20 per cent in the first year of ownership. So, forget buying new and save thousands by picking up a one- or two-year-old car with low mileage at a lower price. For an even deeper discount, buy a three or four year lease return. These have to pass high inspection standards when they're returned and they can often be purchased for less than 50 per cent of the original purchase price.

These days computers aren't optional. But unless you require video stream or high-end design functionality, you can get by with a machine that is a couple of years old. Consider a scaled down version or buying when there are major sales.

First generation tablets and phones are expensive when launched. Shortly after their release, prices drop and much better second generation versions appear.

Video games, consoles, televisions, cameras and other electronics are priced at a premium. Wait to buy or scope out an online deal.

Being a fast follower saves you big bucks. Plus, you'll still get great products!

Help your kids avoid debt

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

For new parents, here's the bottom line. If you don't get serious about saving for post-secondary studies, that cooing little bundle is almost certainly going to be severely burdened by student debt.

If current trends continue, a four-year degree is likely to cost $80,000 for live-at-home students by 2025 and $125,000 for those away from home.

The good news is that new parents are putting aside those education pennies. Across Canada, nearly 90 per cent of those with young children have started saving, according to the TD Canada Trust 2011 Education and Finances Survey.

Thinking ahead

Do you have an RESP for your child?

- 89% of parents under 35
- 60% of parents age 45-54

The goal for those with younger children should be to get the maximum Canada Education Savings Grant of 20 per cent on the first $2,500 annually per child contributed to an RESP (Registered Education Savings Plan). That's a little over $200 monthly. Even if you just invest the money in GICs and bonds you'll have about $40,000 after 10 years and nearly $90,000 after 18.

For parents of teens, education financing is a big stress point. TD's survey discovered that more than 85 per cent of parents (at least in Ontario) with kids under 18 don't expect to be able to pay the shot for their children's education.

ISTOCK

▶ Alison's money rule: Whether you have a baby or a teen, it's never too early or late to start saving for education.

Interestingly, fewer of those parents expect their children to help pay for their own education, 31 per cent down from 39 per cent last year. The decline may have to do with the difficulty in finding summer jobs.

My daughter, a student chef, has only managed irregular shifts so far this summer at two different restaurants.

Parents with teens, and little in the way of savings, might consider postponing education. A couple of years of living at home and working, even at a minimum wage job, could easily mean the difference between a decade of debt and a nearly debt-free degree.

Working roughly 35 hours a week at minimum wage will bring in about $20,000 annually. Saving 75 per cent of that over two years is $30,000. For a live-at-home student-to-be, that money, along with RESP savings, will go a long way to reducing student debt.

BE A GOOD SPORT AND CONSIDER YOUR FAMILY'S FEELINGS

Hi Charles:
I am planning a summer party and I'm inviting most of my family. One of my cousins, however, is married to a guy I can't stand. If I am hosting and paying for this party, may I invite my cousin and ask her not to bring her husband?
Patsyb

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

Dear Patsyb:

I fully understand your feelings. We've all been in your shoes! I think this is the real problem… if you don't invite your cousin's husband, you will do more damage and create more of a scene than if you do invite him.

You risk really offending your cousin and you will put her in a very awkward position. Ask yourself: what is she supposed to tell her husband about why he can't come to your party?

It's not fair that your cousin be placed in that position. You have two choices: invite the cousin with her husband or don't invite either of them. If you're a good sport, you will invite them both and find someone you can invite to keep the pesky husband occupied in conversation so he leaves you all alone!

CHARLES WOULD LOVE TO HEAR YOUR QUESTIONS. EMAIL HIM AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

ISTOCK

▶ Don't like somebody, but have to invite them anyways? Just invite a second person who you know will tie them up in conversation. Problem solved!

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Gridiron reconciliation

NFLPA's team reps unanimously vote to accept deal Puts longest work stoppage in NFL history to rest

Now it can be said with certainty: Get ready for some football!

NFL players voted to OK a final deal yesterday, days after the owners approved a tentative agreement, and the sides finally managed to put an end to the four-and-a-half-month lockout.

"This is a long time coming, and football's back," NFL commissioner Roger Goodell said, "and that's the great news for everybody."

At a joint appearance outside NFL Players Association headquarters in Washington, Goodell and NFLPA head DeMaurice Smith were flanked by some of the owners and players who were involved in the talks. They spoke shortly after the NFLPA executive board and 32 team reps voted unanimously to approve the terms of a deal.

"We didn't get everything that either side wanted ... but we did arrive at a deal that we think is fair and balanced," Smith said.

Owners overwhelmingly approved a proposal Thursday, but some unresolved issues still needed to be reviewed to satisfy players.

The sides worked through the weekend and wrapped up the details yesterday morning on a final pact that runs for 10 years, without an opt-out clause, a person familiar with the deal told the AP on condition of anonymity.

Owners decided in 2008 to opt out of the league's old labour contract, which expired March 11 and led to the lockout.

Back in business

A tentative timeline allows NFL clubs to start signing 2011 draft picks and rookie free-agents today.

- Conversations with veteran free agents could also start today with signings possibly beginning Friday.
- Under the proposed schedule, training camps open for 10 of 32 teams tomorrow, 10 more on Thursday, another 10 on Friday and the last two teams on Sunday.

"I know it has been a very long process since the day we stood here that night in March," Smith said. "But our guys stood together when nobody thought we would. And football is back because of it."

Owners can point to victories, such as gaining a higher percentage of all revenue, one of the central issues — they get 53 per cent, the players get 47 per cent. The old deal was closer to 50-50. There's also a system that will rein in spending on first-round draft picks.

Players, meanwhile, persuaded teams to commit to spending nearly all of their salary cap space in cash and won changes to practice rules that should make the game safer.

The owners also didn't get their wish of expanding the regular season from 16 to 18 games. That can be revisited for the 2013 season, but players must approve any changes.

THE ASSOCIATED PRESS

ROB CARR/GETTY IMAGES

▶ New England Patriots owner Robert Kraft, left, and Indianapolis Colts centre Jeff Saturday share an embrace in Washington yesterday.

Ames trails Vegas after first day of skins action

Venezuelan golfer Jhonattan (Johnathan) Vegas was the top money earner on the first day of the Telus Skins Game in Banff, Alta., yesterday while Canadian Stephen Ames was a close runner-up.

Vegas, the first Venezuelan to win a PGA event, is making his first appearance at a skins game.

He won two skins on the 6th and 8th holes for a total of $55,000. Ames had a good start, winning the first three skins for $45,000.

THE CANADIAN PRESS

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Jhonattan Vegas

RED WINGS

Draper set to retire today?

The Detroit Red Wings have called a news conference with Kris Draper amid reports that the veteran forward will retire.

The 40-year-old helped the Red Wings win four Stanley Cups and was named the NHL's best defensive forward in 2004. But injuries limited him to 47 games and 11 points last season.

Detroit may have run out of room at forward. Patrick Eaves and Drew Miller were re-signed and prospects are expected to also get a chance to play next season. THE ASSOCIATED PRESS

4 sports

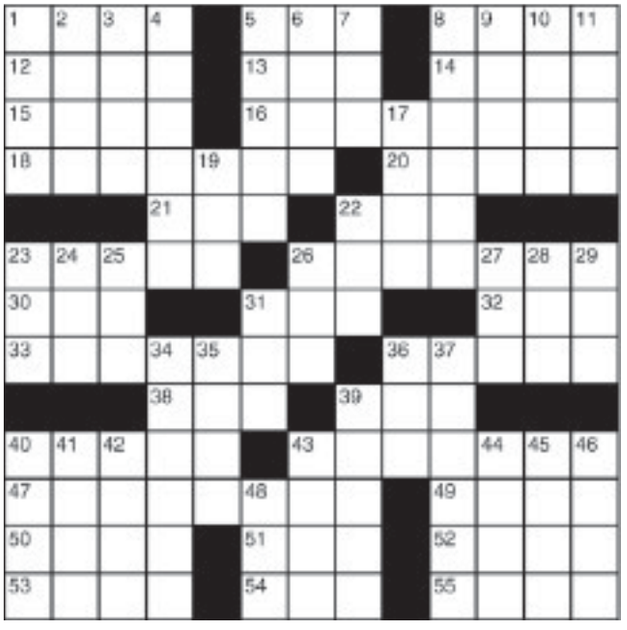
Quoted

"I think we did a great job of protecting the players that are currently playing and to preserve the game for the players to come and to protect the work that had been done by those who came before us."

BUFFALO BILLS SAFETY GEORGE WILSON AFTER YESTERDAY'S ANNOUNCEMENT THAT THE NFL AND ITS PLAYERS HAD COME TO AN AGREEMENT TO END THE LOCKOUT.

Scan code for more sports news.

Crossword



Across

1 Take to the pool
5 Bookkeeper (Abbr.)
8 Harvest
12 Houston acronym
13 Talk on and on
14 Being (Lat.)
15 Without doing anything
16 Slapstick missile
18 Mouth, slangily
20 Queenly
21 First lady?
22 Overweight
23 Andean pack animal
26 Sink a putt
30 A billion years
31 Peace, to Caesar
32 Lingerie item
33 Where oaters take place
36 Make like Manet
38 Wall climber
39 — Solo
40 Sierra —
43 "The Great Gatsby" locale
47 Chocolate syrup + milk + seltzer
49 Perjurer
50 Strong wind
51 Khan title
52 Therefore
53 Praiseful works
54 Sawbuck
55 Stench

Down

1 Quick cut
2 Dry streambed
3 Capri or Wight
4 Needless violence
5 Recurring sequence of events
6 Remove rind
7 Gorilla
8 Couch potato's device
9 Catch sight of
10 Largest continent
11 See 6-Down
17 Sea that's really a lake
19 Eggs
22 "The Simpsons" network
23 Zodiac cat
24 Brock of baseball lore
25 Pismire
26 Chapeau
27 Sapporo sash
28 Coffee vessel
29 Make lace
31 Freudian subj.
34 Recoils
35 Always
36 — de deux
37 Rack component
39 Macho type
40 Building block name
41 "Zounds!"
42 Look at lustfully
43 Carry on
44 Ireland
45 Token of defiance
46 Understand, in sci-fi lingo
48 Dine

▶ Yesterday's answer

Sudoku

	6	8	4					
2				1				4
				5				8
4		3			2		6	
1	9						2	3
	2		8			4		7
5				3				
9				8				2
					7	3	4	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

My Genius FEP
Every day is a new day - what color to wear -each 1 has a bit of u - hurt, smile, excitement, some have a shine 2. which jewel to wear - each 1 has a tinkle sound reminds me of u - music - na, hurts my ears, bring a tear down - grocery/roads/my broken shoes (u owe me 3 btw - white, gold, black size 8.5) where shd i run babes? healing ..slowly i am babes i am. i kno i thing - no one would have ever loved u so much as i did, nieth ma nor m. why? Have a good day gorgeous!
FROM PINK PETAL

You have been my best friend
No matter what!!!!! You taught me how to live....i was simply breathing in a dark hole before u came.
FROM BUNNY

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 13° Max 24°	Min 18° Max 28°	Min 18° Max 29°

Jenna Khan, Weather Specialist
BT BREAKFAST TELEVISION
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6AM**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You have been expecting too much from a relationship. Focus on what you have in common, not on what divides you.

♉ Taurus April 21-May 21 Set yourself a reasonable work schedule and make sure you stick to it.

♊ Gemini May 22-June 21 There is no need to change your life in any radical way.

♋ Cancer June 22-July 22 Never forget that the best way to change the world is to change yourself first.

♌ Leo July 23-Aug.23 Don't worry if you are not in the most sociable of moods today because you have important things to think about.

♍ Virgo Aug. 24- Sept. 22 Look out for your own interests today.

♎ Libra Sept. 23-Oct. 23 If there is something you have overlooked, or ignored, you will have to face up to it and deal with it today.

♏ Scorpio Oct. 24-Nov. 22 It's time for a reality check.

♐ Sagittarius Nov. 23-Dec. 21 Why are you clinging on to something that is past its sell by date?

♑ Capricorn Dec. 22-Jan. 20 Do everything in your power to make sure that employers and people in positions of authority know who you are and what you can do.

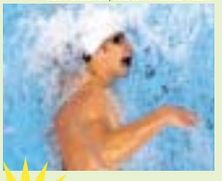
♒ Aquarius Jan. 21-Feb. 18 Life will be a breeze today.

♓ Pisces Feb. 19-March 20. Generally you steer clear of events over which you have no control, but today you will go out of your way to take risks. Maybe tomorrow you'll regret it but your hunches are often right. SALLY BROMPTON

Caption contest

JEAN-CHRISTOPHE BOTT/ THE ASSOCIATED PRESS

GERO BRELOER/THE ASSOCIATED PRESS



You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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